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## **PLEASE READ CAREFULLY**

### **What is a 24 hour urine collection?**

A 24-hour urine collection is a simple lab test that measures what's in your urine. The test is used to check kidney function. A 24-hour urine collection is done by collecting your urine in a special container over a full 24-hour period. The container must be kept cool until the urine is returned to the lab.

Urine is made up of water and dissolved chemicals, such as sodium and potassium. It also contains urea. This is made when protein breaks down. And it contains creatinine, which is formed from muscle breakdown. Normally, urine contains certain amounts of these waste products. It may be a sign of a certain disease or condition if these amounts are not within a normal range. Or if other substances are present.

You will receive one (1) 24 hour urine container, and one (1) urine collection hat. If you should need another container, please inform the Lab Assistant.

### **24 hour urine collection instructions:**

1. Empty bladder and flush urine, this is considered the "Start time". On the 24 hour urine container document the time and date on the label.
2. After the first flushed specimen all urine must be collected (preferably with the urine hat), and emptied into the 24 hour urine container.

\*\*\*The 24 hour container must be kept cool during collection process. Either kept on ice, or refrigerated\*\*\*

3. Try to urinate at the same time, 24 hours after the start time, to finish the collection process. Document the time and date on the label of the 24 hour urine container, this is the finish time and date.
4. Deliver to NW Laboratory as soon as possible,
5. There may be some instances that you will need to have a blood sample taken after the 24 hour urine collection is complete.

\*If you require any additional container(s), please retrieve from NW Laboratory and be sure to note the container number on each specimen.

\*If you spill or fail to collect any portion of the 24-hour urine specimen, you must retrieve a new container from the lab and begin a new collection.